

<b>Title:</b>	Randomized clinical trial comparing strength and endurance after open or arthroscopic stabilization for recurrent post-traumatic anterior shoulder instability
<b>Research Category:</b>	Category 1: occupational disease, injury and health services
<b>Issue/rationale:</b>	There are no studies that compare strength after a shoulder stabilization procedure to a control group. Having no measure with which to compare, adds to the difficulty when making decisions about the most appropriate surgical intervention, assessment of rehabilitation and the determination of fitness for work.
<b>Objectives:</b>	<ul style="list-style-type: none"> <li>• Conduct a prospective randomized single blinded clinical trial. The subjects will consist of a subset of patients who are enrolled in a larger clinical trial at the University of Calgary Sport Medicine Centre.</li> <li>• Two planned surgical interventions are the open shoulder stabilization and the arthroscopic shoulder stabilization. The rehabilitation guidelines will be the same for both. The primary measures will be: <ul style="list-style-type: none"> <li>• shoulder internal rotation strength,</li> <li>• shoulder external rotation strength, including muscular endurance and dynamometric strength testing, and</li> <li>• the Western Ontario Shoulder Instability Index determining whether the external rotation and internal rotation strength Index (WOSI).</li> </ul> </li> <li>• Follow up will occur at 2 weeks, 6 weeks, 3, 6 and 12 months post-operatively. At 12 months clinical evaluation of the shoulder will be performed which includes examination and documentation and range of motion measurements.</li> </ul>
<b>Anticipated Results/Impact:</b>	Comparing two surgical procedures for knowledge of strength at one year post-op will allow for evidence based decision making to occur at the time of the procedure. Knowing strength outcomes will also help in the modification of rehabilitation protocols in the post-op period and medium term strength values will help determine safe and efficient time frames for return-to-work policies.
<b>Keywords:</b>	Shoulder, arthroscopic, WOSI
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